### Monthly “Tips” for Parents of University of Sydney Students

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<th>This month...</th>
<th>My child is experiencing...</th>
<th>I can help by...</th>
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| **March**     | • Some culture shock, feeling overwhelmed – this isn’t high school anymore.  
• Financial pressure – tuition, books, university events, social events.  
• Much more freedom than high school.  
• Decisions around course/timetable changes - last chance to withdraw without paying fees.  
• Exposure to people from diverse backgrounds and cultures, questioning of values and beliefs. | • Offering support and an open ear – but not “crowd” my child by calling three times a day.  
• Learn a bit about the University of Sydney and all the support available to your child through Student Support Services:  
  – Counselling and Psychological Services  
  – Disability Services  
  – Accommodation Services  
  – Financial Assistance & Scholarships  
  – Careers Services |
| **April**     | • Relationship issues, particularly with pre-university relationships.  
• First round of assignments being given out.  
• More engagement in university social activities e.g. Revue, Sport Clubs.  
• Mid-Semester Break. | • Encouraging my child to try out new groups and interests. Remind them it takes time and perseverance to make new friends.  
• Encouraging them to balance work and fun.  
• Being understanding if they are encountering academic/social difficulties - remember this is a huge transition for them. |
| **May**       | • Their first marks back for the year - distress if not what was expected.  
• Assignments due - staying up all night. | • Listening if my child becomes overwhelmed or does not receive the mark they were hoping for.  
• Encouraging my child to be realistic about what they can accomplish.  
• Offering practical support such as meals when they become really busy. |
| **June**      | • Worry around upcoming exams - procrastination.  
• Self questioning - “Do I really belong here?”  
• Stuvac - Intensive study.  
• Exams. | • Reminding my child that they have the skills to get through this challenge.  
• Allowing my child to determine their own study times.  
• Reminding my child to take study breaks.  
• Making sure they have a calm environment and a good breakfast before any exams. |

Visit the University of Sydney CAPS website for more information: sydney.edu.au/counselling
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| **July**     | • Holidays - increased social activity.  
               • Winter School.  
               • First semester **grades released** - stress. | • Giving my child breathing room during the holidays and **allowing them to relax** after the busy exam period.  
               • Allowing my child to decide if/when they want to tell you about their grades.  
               • Reminding my child that you are **proud of them** regardless of the marks they receive. |
| **August**   | • Coping with the impact of any **disappointment**/failure in 1st Semester subjects.  
               • Thoughts about changing Degrees/Majors - last chance to withdraw without paying fees.  
               • More engagement in university social activities e.g. Revue, Sport Clubs. | • Reassuring my child that failing in Semester 1 **does not mean exclusion** from university.  
               • Encouraging my child to develop research and writing skills through the learning centre.  
               • Being open to the idea of changes in Degree if my child is not enjoying their Degree after a semester.  
               • Encouraging my child to **explore their personal motivations** for being at university. |
| **September**| • Mid-Semester Break.  
                  • Several **assignments due**. | • Understanding that there may be increased stress as my child is now aware of what to expect each semester.  
               • Suggesting that my child attend a **CAPS Workshop** to learn how to cope with stress and procrastination. |
| **October**  | • Exam preparation - **stress and fatigue** due to high academic pressure. | • Providing a care package to support my child if they are not living at home.  
               • Reinforcing the importance of **taking time to relax** and having a good study/life balance. |
| **November** | • Worry around **upcoming exams**.  
                  • Stuvac - Intensive study.  
                  • Exams. | • Understanding that my child is very busy at this time of year and try **not to place too many demands** on their time.  
               • Ensuring that my child has a calm environment and good breakfast before every exam. |
| **December-February** | • Summer School.  
                            • Possible **sadness around less interaction** with uni friends.  
                            • Stress over finding part-time work.  
                            • **Boredom** after a few months of holidays.  
                            • Collecting next semester’s timetable.  
                            • Looking for housing if moving out of home. | • Being aware that asking your child about their grades may cause them a great deal of stress. **Validate their efforts no matter what.**  
               • Encouraging my child to take some time for themselves after their exams.  
               • Helping my child arrange their plans around the holidays.  
               • Helping my child to arrange accommodation and learning more about suburbs around the university.  
               • **Recognising the worry** that my child might have about starting/returning to university. |

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